

Funny odour - always present in minute form. Musty hay odour.

3. 1st cousin to 2. All same reaction w exception of odour. None.

4. 1/2 sister of 1. Liquid - more or less persistent type & semi-persistent. Evaporates very quickly w slight residue behind. Strong tear gas. Lives itself away in minute quantities. Accumulative in effect. "Man-made asthma" effect. 6 & 8 has following explanation.

Blister Gases - Most successful in last war. Any form causes irritation, redness & blisters. Drying & burning of body. Can penetrate clothes. Produces ulcers, blisters - long in healing, very imp. Prolonged exposure to vapour to eye permanently injured. Liquid can be cured. Vapour effecting food & internal intestinal trouble. Reddening of skin

Mustard - Yperite (Fr.) Yellow Frost Gas (Germ) Colourless in liquid. Persistent. Odour chief defect if can spot. Slow in effects. Cause highly soluble in fats, oils & tar - ~~then~~ absorbed. Owing to solubility of fats goes thru skin & fat cells slow & causes blisters. Hard to help. Freeze very easily. In ice form inverte. Will penetrate anything not metal, glaze or glass. Will go thru 8" of brick strong enough to contaminate any building. Size of pin head or on sleeve go thru as big as 5 ft & blister size of 50¢ 240

Ordinary clothing no protection.

1 w exposure 2 hr.
will give condition of eye from 10 das 2
2 wks 2 clear. See or feel symptoms
immediate steps taken to clear.
Hard to get rid of. Not soluble in
water. Lots of water & soap to
remove from skin.

Lewisite - Guard end of war. Probably
best ex. of ingenuity of devilish. Nasal,
tear gas, powerful lung irritant &
super-powerful vesicant. + lots of arsenic.
Differs from mustard - doesn't freeze.
Lower freezing pt than water. ∴ likely in
winter. Broadly effects same as M.
but effects much more rapid.
Gums & liquids equally effective.
liquid in eye 100% blindness. Characteristic
odour - Germanium - Wet clothing detriate
effect to absorption of gas. Main helps.
Water split into hydro - chlor acid.
Will go thro' wet clothes but no as
likely. Blisters different by M - hard
pounded out w conical blister. Break
Blister at earliest moment. Arsenic
serum rapidly re-absorbed ∴ both blisters,
gums & arsenical treatment to take care of.
Main out day. High concentration of
arsenic in blister - not wanted.

Health, Safety & Sanitation.

Any organizations, etc starting a camp should be familiar with the regulations of the Department of Health. Advantage should be taken of every opportunity in the camp program to further the health education of the campers.

Health.

I. Pre-Camp Examination:

- A. Child & staff Physical exam by M. D. within week before camp begins.
- B. To determine physical fitness - protecting child family & camp.

II. Personnel

A. Camp Physician.

1. M. D. at camp or very close.
2. Desirable qualifications
A. Resident doc.
Medical school grad. with Gen. & Child. training.
B. Grad. with Gen. "
C. " of recognized school.

B. Camp Nurse.

1. Registered Nurse in Residence unless M. D.
2. Preference to A. Experience in school work.
B. Training in public health work.

C. Dietitian.

Resident institutional - dietitian, at least the services of a consulting " in emergency cases.

III. Health Service Equipment.

A. Camp Infirmary.

1. Tent, building or isolated room, equipped as & used only as an infirmary.
2. Located to ensure privacy & quiet. 242
3. Quack room, etc, provided with 12" air etc

surgical dressings, medicines necessary, & an isolation unit for children having or suspected of communicable diseases.

H. Beds not closer than 6' from side to side, 4' end to end.

B. First-aid kits.

Placed in all strategic points about camp property.

C. Transportation & Telephone.

1. " available always in case of emergency.

2. If camp hasn't tel. access to nearest one day & night.

IV. Responsibility in Case of Illness or Injury.

A. System ext. for reports, records, daily treatment sheets, seasonal sheets for individual campers, setup.

B. All medical & surgical service rendered by camp medical unless not available than best qualified give first aid.

C. Space on C. application - parents state in case of emergency camp have authority to use discretion in case of child pending: 1. Ability of doc. designated by parents, to assume responsibility for the camper.

2. Removal as soon as possible to a specified hospital.

D. Any illness or injury reported that day to parents unless other arrangements made. Severe - parents notified by tel & tel.

E. Administration of serum not carried out without consent of parent or guardian. Written consent preferred.

V. Health Practices -

A. Health & The Camp Program & Act.

Direct relationship between program & act. policies of camp & health of camper. Tensions, pressures, & strains put upon a " by a competitive, over-strenuous, over-crowded, over-stimulating program are a serious deterrent to camper's health.

243. Program not arranged so undue fatigue & overstrain result in lowering camper's

resistance to disease or deprive him on benefits from camp life.

2. Daily rest & quiet hrs. - at least 60 mins. Complete rest & relaxation - no act. or minor duty.

3. No setting-up Ex. Morning dips not compulsory - only for robust campers.

4. Staff alert for individual differences in maturation & growth & for resulting necessary gradation in athletics, skills, muscular coordination & in personal adjustment to camp life.

B. Mental Health.

Policies take into consideration influence of social & emotional adjustment in child health & make efforts to secure for each child ^{such} adjustments to act. life. Spirit of camp as well result in a feeling of happiness & security in camp & in a satisfactory carry-over in home life. Interrelationship & interdependence of physical, intellectual, & emotional aspects of child's life.

C. Care of Individual Camper.

Every camper should be informed that she is given to the Doc's personal care - in order that physical health may be bettered.

D. Dining Room Procedure.

Well-balanced & cooked meals & social custom.

E. Supplementary Foods.

No interfering with regular diet by food, candy, etc.

F. Laundry.

Where no commercial laundry is employed for camp laundry facilities for individ.

VI. Food Handlers

A. All ... subj. to rules of Board of Health governing such employees of a camp. 244

3. F. H. present a certificate of annual exam. to camp director. Statement of M. D. free from T. B., typhoid, syphilis etc. Must be made a week before arrival.

Safety

Safety - part of instruction where accidents etc. are likely to occur. Responsibility of staff - leadership of such act. Safety rules of program esp. proper use of tools.

2. adequate supervision & placement of equipment in the craft shop.

3. Safe conducts during hikes on highways & in the woods.

4. proper use & care of sports equipment.

5. safe conduct on trips, horseback, canoe, bikes, etc.

6. supervision to control accidents during free periods.

1. Accident Reports

Standard accident report adopted.

II. Bathing Beaches -

1. Under supervision of qualified instructors.

2. Addition - one for each 10 persons swimming at ^{same} time.

3. Swimming period decided by camp health authority & c. of waterfront. Not longer than 30 min.

III. Boating & Canoeing -

1. Life Averb in charge of boating - also experienced.

2. Boats, etc used for instruction purposes under direction of able, experienced, skilled C.

3. Regulations posted at waterfront. Permission secured from C. in Charge. Covers campers, staff, visitors, etc.

IV. Waterfront Equipment

All equipment approved by Red Cross.

V Hazards

1. Camp (site, etc.) kept in order, repair & upkeep to eliminate accidents.
 - A. Hazards - loose stones, dead trees, stumps, etc. Trails free from stumbling hazards.
 - B. Pits or excavations filled or patios as D.
 - C. Toilets thru woods, docks, etc. lighted.
 - D. Broken steps - nails, etc. - removed or repaired.
 - E. Everyone familiar with poison ivy, etc. Taught methods of destruction of such sources of danger.
 - F. Regular inspection of inside fireplaces, etc. conducted.

2. Fire-protection.

- A. Fire extinguishers convenient - regularly inspected. Barrel of water & pails available. Protected again insect breeding.
- B. Arrangements of emergency assistance for fire-fighters, etc. In woods - permission to build fires, etc. All fire regulations scrupulously followed.

Sanitation

1. Water

A. Drinking Water.

Surface or cistern water used only under conditions approved by local health auth. Water supplies not intended for drinking use shall not be connected to kitchen sinks, etc.

B. Swimming Water.

Of acceptable physical ^{& bacterial} quality.

II. Sewage.

1 or more toilets conveniently located - properly constructed & maintained. not offensive waste not accessible to flies - not pollute surface soil. Toilets rooms well ventilated & lighted.

III. Liquid Waste Disposal Other Than Sewage.

All liquid waste discharged in con. land

IV Milk & Cream.

Pasteurized & purchased from auth. seller. When unavailable - dried, evaporated or condensed milk. From camp cows - under satisfactory, sanitary conditions. Milk stored 50°F. Milk & C. used within 3 hrs. after delivery not refrigerated if not higher than 60°F. Shipping of M. from cans prohibited. Left-over milk used for cooking. Other milk products must be prepared from properly pasteurized ingredients.

V Ice.

Artificial ice recommended. If unavailable ice harvested from unpolluted water.

VI Food Handling.

Any person ill or having any discharge shall not prepare or handle food. Contact of hands & food, etc. reduced. Use tongs, spoons, etc.

VII Garbage.

Containers - adequate in wt. ^{light} cool, clean, etc. Garbage removed at least every 2 days.

VIII Rubbish & Refuse Disposal.

All rubbish, etc. removed frequently.

IX Domestic Animals

Horses, cows, etc. maintained on camp property quartered within 500' of any kitchen or mess hall & living qtrs. Temporary shelters, corals, etc. not within 200' of any place where food is prepared-cooked. Manure not remain more than 2 hrs. Prevent shelters, etc. from becoming breeding place for flies, etc. No horses, dog, etc. allowed on bathing beaches or such areas. Drainage from stable not allowed to drain into any spring, stream or lake.

X Sleeping & Living Quarters.

247

All sleeping quarters windowless

for sufficient ventilation & light.
All screened unless other means
for prevention of flies used. Floors
smooth, easily cleaned & in good repair.
Dust laying compound used when sweeping.

XI Insect & Rodent Control -

Presence of insects, etc controlled
as to development & elimination.

XII Cleanliness of Towels, Bed Linen, etc.

All Laundry refre freshly
laundered for each incoming camper
& kept reasonably clean at all times.

Riding.

3 things - Social, Physical and Mental.
all add up to Safety.

The first essential is Confidence. Then Rhythm and Balance. Sit in center of saddle. For beginners lean forward just the slightest bit. When you sitting properly you should be able to see the tip of your foot over your knee. 3 reasons throws stirring away from horse removes calf of leg from horse, removes tendency to wrap legs around horse. Slight hollow in back behind shoulders.

5-15 Gals. of water a day. Drink after hard ride - moderate drink but must be kept moving.

Always water before grain and not again until approx. 2 hrs. after " is eaten " 10-15 lbs.

Hay bulk of food. 12-15 lbs a day.

Hay died in winter with hot manure - grain, flaxseed, etc.

Stable Management.

20 mins. a day of grooming because a horse is less apt to develop saddle sores. Also cracks in the heel from dirt.

Equipment - Curry comb (never used on horse body)
Dandy brush. (does major work)
Body " (takes out loose dirt)
Rat rag.
Sponge
Hoof pick.

Stitch must be clean